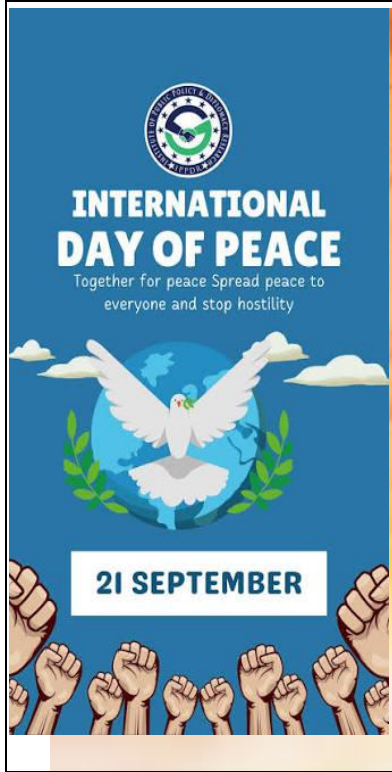




*EOTR Friendship Café/Knox Hill
2700 Jasper ST SE, WDC 20020
Recreation Coordinator Tamar Bennett 202-397-7300*



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. 10am- Coffee / Teatime 11am- Walk on the spot 12pm- Lunch 1pm- Calendar review	2. 10am- Coffee / Tea 11am- Balance Movements 12pm- Lunch 1pm- Karaoke 	3. 10am- Coffee / Tea 11am- Health Promotion w/Irwin 12pm- Lunch 1pm- Bingo 	4. 10am- Coffee / Tea 11am- Standing Stretches 12pm- Lunch 1pm- Movie... Caged no more 
	7. Dining Site Closed 	8. 10am- Coffee / Teatime 11am- Fitness w/Rodney 12pm- Lunch & Nutrition Education Session on Nutritious Super Foods w/Minor 1pm- Music	9. Walmart 6303 Richmond HWY Alexander VA 22306 10am -1pm 10am- Coffee / Tea 10:30am- Do wall twist 12pm- Lunch 1pm- Games	10. 10am- Tea 11am- Movie Trivia 12pm- Lunch 1pm- Health Promotion w/Irwin	11. 10am- Teatime 11am- Nutrition Education Tasting w/Food Jonezi 12pm- Lunch 1pm- Hula Hoop Workout
SEPTEMBER IS SICKLE CELL AWARENESS MONTH  Normal Red Blood Cell  Sickled Red Blood Cell	14. 10am- Hot Beverage 10:30am- Mental Health Session w/Maryanne 12pm- Lunch 1pm- Walk on the spot	15. 10am- Coffee & Tea 11am- Medicare Open Enrollment and Misleading Marketing Practices w/SMP 12pm- Lunch 1pm- Hula Hoop workout	16. Petey Green 2907 Martin Luther King Jr. Ave SE 10:30am – 12:30pm 10am- Coffee & Tea 11am- Arm Movements 12pm- Lunch 1pm- Puzzles	17. 10am- Coffee 11am- Memory Game 12pm- Lunch & Nutrition Education Session on Food Safety for Seniors w/Minor 1pm- Card Games	18. 10am- Coffee 11am- Dancing Chairs 12pm- Lunch 1pm- Movie... comedy

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	21. 10am- Coffee & Tea 11am- Fitness w/Rodney 12pm- Lunch 1pm- Puzzles	22. Fall Prevention Awareness 899 North Capitol Street NE20002 10am to 12pm 10am- Hot Beverage 11am- Health Talk 12pm- Lunch 1pm- Word Search	23. 10am- Coffee / Tea 11am- Chair Stretches 12pm- Lunch 1pm - Karaoke 	24. 10am- Coffee / Tea 11am- Card Games 12pm- Lunch 1pm- Health Promotion w/Irwin	25. 10am- Coffee & Tea 11am- Arm Movements 12pm- Lunch 1pm- Word Puzzles
	28. 10am- Coffee / Tea 10:30am- Mental Health Session w/ Maryanne 12pm- Lunch 1pm- Chair workout	29. 10am- Hot Beverage 11am- Events with Edenbridge PACE w/Brittany 12pm- Lunch 1pm- Health Talk	30. 10am- Coffee & Tea 11am- Chair workout 12pm- Lunch 1pm- Cards & connections		

Part of the Senior Services Network – Supported by the Department of Aging and Community Living.

WE WILL NEVER FORGET
SEPTEMBER 11

The attacks killed 2,977 people from 93 nations: 2,753 people were killed in New York; 184 people were killed at the Pentagon; and 40 people were killed on Flight 93.